
**Volume XII, No. 12****<http://cpoint-www.med.navy.mil>****December, 2006****CO'S Corner**

The holiday season along with cooler weather tend to bring us closer – literally. As we spend more time indoors, we increase the chances of spreading communicable diseases. The bulk of this issue of the Point is therefore dedicated to Influenza. Please take the time to educate yourself on the best ways to keep your family healthy.

I would like to remind you of the Interactive Customer Evaluation link at the bottom of our Website (<http://cpoint-www.med.navy.mil>). It is easily identified by the logo shown  here to the right. If you have kudos, comments, or concerns, I encourage you to voice them, so we may know we can better serve you.

I hope you and your families have a safe and wonderful holiday season.

CAPT E.V. Valentin, MSC, USN

Flu season is coming

Influenza, or the flu for short, is a very contagious illness that is spread from one infected person to another by secretions which are found in the nose and throat. Symptoms of the flu include: fever, muscle aches, headache, cough, runny nose, and sore throat. A person can spread the flu virus typically one day before the symptoms begin to 5 to 10 days into the illness. For many people the symptoms will only last a few days, unfortunately others will become seriously ill, require hospitalization and may even die. Children are most frequently infected with the flu but the majority of the 36,000 people who die are over the age of 65.

Naval Hospital Cherry Point will again have two types of flu vaccines available this year. The live,

intranasal vaccine (FluMist) which is sprayed into the nose is recommended for healthy children and adults from five through 49 years of age. The inactivated vaccine (FluZone), a shot, is recommended for children 6 months to 4 years and adults 50 years or older, people with long-term health problems (asthma, or other chronic lung disease, heart disease, renal disease, diabetes), pregnant women, and residents of nursing homes.

Since the strains of influenza viruses are constantly changing, the vaccines are updated each year. Therefore it is recommended that people receive the vaccine annually.

Dear Benefits Betty,

I did not get a flu shot last year and had a very bad case of the flu. For three days, I was in bed feeling horrible and it took quite a while to fully recover. Yesterday I noticed the local pharmacy in my neighborhood was offering flu shots for a small fee. Will TRICARE cover the expense if I file a claim?

Signed,

Flu Phobic in New Bern

BB: Dear Flu Phobic,

For TRICARE to cover the flu shot, it must be administered in a doctor's office during a visit for acute or chronic conditions or other TRICARE covered service. Therefore, flu shots which are administered in a civilian pharmacy or drug store are not covered by TRICARE Standard, Extra, or Prime. If you are a TRICARE for Life (TFL) beneficiary, Medicare covers flu vaccinations and therefore TRICARE would pay the claim as second payer if needed.

I suggest you check the times and dates below and plan to get your vaccination at Cherry Point.

Happy Holidays,

Benefits Betty

Hospital & Pharmacy Holiday Hours:

As we enter the holiday season, please make a note of the upcoming changes to our normally scheduled working hours and arrange to have all prescriptions filled prior to holiday dates.

December						
S	M	T	W	Th	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31	1	2				

Closed: 25, 26 December and 1, 2 January.

Emergency Room services will be available 24 hours a day, every day.

From the November

Healthcare Town Hall Meeting

When will flu shots be given? Will there be extended hours or weekend hours for beneficiaries to receive the vaccine?

Flu vaccines will be given in both forms; FluZone and FluMist. FluZone is for our **High-Risk** beneficiaries (defined below), and FluMist is for everyone else. Everyone eligible for care at the hospital is welcome. The flu vaccinations will be administered in the Family Care Clinic on the times and dates listed below.

Thu, Nov 30, 1300 – 1500 (**High Risk ONLY**)

Sat, Dec. 2, 0900 – 1400 (**High Risk ONLY**)

Thu, Dec. 7, 1300 – 1500 (All Hands)

Sat, Dec. 16, 0900 – 1400 (All Hands)

If you belong in one of the following categories, you are considered **High Risk** for influenza:

- Children aged 6 months to 5 years
- Pregnant women
- Persons aged > 50 years
- Persons with certain chronic medical conditions (diabetes, renal dysfunction, hemoglobinopathies, immunodeficiency, cognitive dysfunction, spinal cord injuries, seizure disorders, pulmonary, and cardiovascular diseases)
- Nursing home residents

December Health Education Dates

Tobacco Cessation 5, 12

Cholesterol/Nutrition 12

Diabetes Self Management 7, 14, 21

Class times and locations vary; please call (252) 466-0921/6467 to sign up.

December Word Search

U P F H Q M N T K Z P Y P A F
B Y E A G I F T S A K N G L W
H C Y N I I E R I M E F U Y I
A C T D I E F M X U I W H N H
W I S W Z C E S M D Q P F W B
Y S D A B N C O Y A D I L O H
T G I S A X N A R E N P D L D
E R D H X I J J V F G A R X R
F H L I A S Z N N Q B A I Q E
A N G N U E P D A E N T C E E
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F B O E R H C A W K O U A Z F
H Z W K Q Q B P W R Y Z X V J
K L H I A F D N Q I S D L D J
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AIDS

FLU

HANDWASHING

PNEUMONIA

TOYS

ANEMIA

GIFTS

HOLIDAY

SAFETY

VACCINE

December Health Awareness Resources

Safe Toys and Gifts Month.....
<http://www.preventblindness.org>

National Handwashing Awareness Week.....
<http://www.henrythehand.com>

Hospital Vitals

Appointment Line (252) 466.0921
Information Line..... (252) 466.0266
Nurse Advice Line..... 1 (866) 450.3230
Customer Service Line (252) 466.0367
Family Care Clinic M-F 0730-1630
Pediatric Clinic..... M-F 0730-1630
Evening Clinic..... M-F 1630-1800
Pharmacy..... M-F 0800-1700
Pharmacy Retail Pick Ups 0800-2000
Administrative Offices M-F 0730-1630
Emergency Room 24hrs / 7days
Laboratory Hours..... M-F 0730-1615